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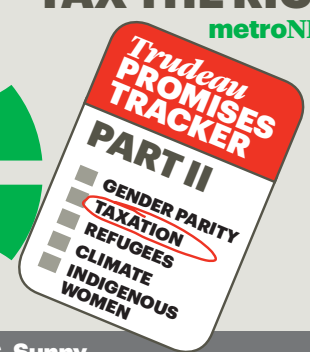
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Vancouver metro

Will the new PM tax the rich?
 metroNEWS

Trudeau PROMISES TRACKER PART II

- GENDER PARITY
- TAXATION**
- REFUGEES
- CLIMATE
- INDIGENOUS WOMEN

Your essential daily news | TUESDAY, OCTOBER 27, 2015

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NO ANSWERS

Owner and authorities still unable to explain fatal capsizing metroNEWS

Just 6% of pot shops prevail

LICENSING

Stores too near one another must fight for city's approval



Emily Jackson
 Metro | Vancouver

Only 11 of the 176 marijuana shops that applied for business licences under Vancouver's new regulations — about six per cent — cleared the first set of hurdles to operate with the city's blessing.

In early November, the city will go through inspections and begin the development permit review process, which requires

neighbourhood notification and an opportunity for public input.

Thirty additional shops will be forced to compete against each other for the right to stay put, as they met all the requirements except for rules against clusters of marijuana-related businesses. They will be judged on previous interactions with police, community complaints, safety of the premises and whether they have non-profit status.

Rejected applicants include the B.C. Compassion Club Society and the Medical Cannabis Dispensary. The Compassion Club's Jamie Shaw said they weren't surprised by the decision due to their proximity to a school. But the city gave them instructions on how to apply for a special exemption.

CHAD HIPOLITO/THE CANADIAN PRESS

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Police launch new bike registry to quell thefts

CYCLING

Project 529 database lets users easily register, report



Emily Jackson
Metro | Vancouver

Seeing an empty rack and a sawed-off lock where you parked your beloved bike is an all-too-familiar feeling in Vancouver, where 2,705 bikes have been reported stolen this year alone.

But Vancouver police hope to quell the growing problem — thefts are up 21 per cent from last year — with a new, free, easy-to-use online bike registry called Project 529, Deputy Chief Const. Warren Lemcke announced at a news conference Monday.

Cyclists can use the software to register photos and serial numbers of their bikes in five minutes with a smartphone. If a bike is stolen, an alert is sent out to nearby users and police to keep their eyes peeled. A hard-to-remove yellow and black decal is affixed to participating bikes to act as a deterrent to would-be thieves.

Vancouver is the first city in the world to sign up for the system created by former Micro-



A community police officer records the serial number of a bike for the Project 529 database on Monday. Police are aiming to sign up cyclists for the registry during Bike to Work Week. EMILY JACKSON/METRO

soft executive J Allard, who was at the police station to explain the technology.

He came up with the idea when his mountain bike was stolen while he was on his way to Whistler. A month later, a "friend of a friend of a friend of a friend" spotted his bike on eBay, but police couldn't do anything about it.

Allard kept investigating and discovered bike theft is a \$500



A slip of paper isn't going to cut it.

J Allard, creator, Project 529

million per year industry in North America. He decided to try to create a universal database that could make it easier to recover bikes no matter where they were stolen.

"A slip of paper isn't going

to cut it," he said of the old systems, describing his as a "modernized Block Watch."

While he admits the system will need to reach critical mass to function best — Vancouver is somewhat of a test — he said

it has worked well at universities thus far.

Const. Rob Brunt, who helped bring the system to Vancouver, said it's already worked here. In a pilot with 80 cyclists last week, one woman had her bike stolen and returned 36 hours later.

Police will set up booths to sign up cyclists during Bike to Work Week this week. For more information, visit vdp.ca.

COURT

Crown: 20 years for trafficker

A B.C. man convicted of trafficking underage girls for sex should be locked up for more than 20 years, say Crown prosecutors, though a defence lawyer is calling such a sentence "crushing."

David Milburn told B.C. Supreme Court that a sentence between 10 and 12 years would be more appropriate for his client, Reza Moazami.

Moazami, who is in his 30s, was found guilty last year of luring nearly a dozen teenage girls into prostitution, in the province's first human-trafficking conviction.

"There can be no doubt that he's deserving of a substantial penitentiary sentence, but not along the lines of what the Crown is looking for," Milburn told court Monday about the proposed 20-year sentence.

"In my submission, that is unduly harsh — it's excessive, it's crushing."

Milburn listed several mitigating factors, including Moazami's relatively young age, his limited criminal record, his history of being abused as a child and the impact steroids had on his temper.

The court heard Moazami worked partially as a personal trainer around the time of his offences and would take steroids in order to attract more customers.

"They were changing his body as well but they were changing his emotional response in certain situations," Milburn told the court.

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Schlock master sets new record



Burnaby Q. Orbax of the Monsters of Schlock performance duo lays on a bed of nails as a motorcycle is driven over him in an attempt to set a Guinness World Record in Vancouver on Monday. DARRYL DYCK/THE CANADIAN PRESS

GUINNESS

70 motorcycles drive over man lying on nails



Thandi Fletcher
Metro | Vancouver

Moments before laying down on a bed of nails and enduring 70 motorcycles driving over his body, Burnaby Q. Orbax turned to his crowd of supporters and, with a shake of his head, admitted what many were likely thinking.

"This was a dumb idea, guys," he said with a laugh. "This was a dumb idea."

That confession didn't stop the burly daredevil from then placing his body on a board of hundreds of sharp nails as motorcycles repeatedly drove over his torso and launched into the air.

Dumb idea or not, Orbax successfully set a new world record Monday morning at the Pacific National Exhibition grounds for the most

+ PREVIOUS RECORD STUNTS

In 2009, the Monsters of Schlock set the record for most mousetraps released on a human tongue in one minute.

In 2011, they successfully broke the record for longest

truck pull with meat hooks in a person's back, pulling a four-tonne truck a total of 111.7 metres.

In 2013, they also broke the record for weightlifting using hooks in a human face.

motorcycles driven over a human body while lying on a bed of nails in under two minutes — more than doubling the previous world record of 31 bikes set by Simone Calati of Italy in May 2013.

After the final motorcycle had launched off the ramp, Orbax's brother, Sweet Pepper Klopek, helped him back onto his feet before the duo, known together as the Monsters of Schlock, high-fived and hugged.

After eight years of performing at Vancouver's Fright Nights at Playland, which runs from Oct. 9 to Nov. 1, the Monsters of Schlock's mind-boggling antics have become a Halloween ritual in this city.

Monday's stunt marked

the fourth time the crazed performance-art pair has set a new record here.

Still, Orbax said he was most nervous ahead of this stunt, mostly due to the sheer number of motorbikes and riders involved.

"When we do stuff together, and it's just usually the two of us breaking a record, I trust him implicitly, he trusts me and there isn't really any leeway there," he said, referring to his brother. "We know how we are going to do things and (how) things are going to act."

Nerves aside, the daredevil said he felt no pain during the stunt. Lifting his shirt, he revealed just a few puncture marks amid a sea of tattooed cheetah spots.

SALMON ARM

Parents-to-be await identical triplets

A B.C. couple who've waited years to become parents are expecting three babies at once — identical triplets, which doctors say come along only once in 50 million births.

For Mahalia Meeuwsen and her husband Mike, just having one baby seemed like a miracle.

Meeuwsen, 42, is 30 weeks pregnant with identical triplet girls — conceived naturally without the use of fertility treatments.

"To look on the ultrasound



Mahalia Meeuwsen and her husband Mike show off their new stroller. SALMON ARM OBSERVER/THE CANADIAN PRESS

and see the three of them growing, to see their hearts

beating, it is simply amazing," the mom-to-be said. "And to know how rare this is, it's staggering."

Meeuwsen said all the babies appear healthy.

She was admitted to hospital for bed rest on Monday morning.

Doctors are hoping the triplets will continue to grow in their mother's womb until a C-section on Nov. 16, when they will be at 34 weeks gestation. A normal singleton pregnancy is around 40 weeks.

The couple from Salmon Arm married in 2005 with hopes of becoming parents. By 2011, they were still waiting and visited a fertility clinic to try to discover the cause of the infertility.

"They really found nothing," Meeuwsen said. "It was simply termed unexplained infertility. We looked at options like in-vitro, but we decided not to go that route."

In April, Meeuwsen found out she was pregnant.

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Vessel's owner lauds its safety

LEVIATHAN II

Investigators to collect data to find cause of capsizing

The owner of a whale-watching vessel that sank off British Columbia's coast on Sunday, killing five people, doesn't know why the boat would have flipped, sending 27 people into the water.

"This vessel has operated for 20 years with an absolutely perfect safety record," said Jamie Bray, the owner of Jamie's Whaling Station, at a news conference on Monday.

Bray said the 20-metre-long Leviathan II flipped, and when rescuers arrived it was still running and in gear, with its bow bobbing in the water.

Private vessels rushed to the scene Sunday afternoon after the mayday call, picking up survivors and bodies.

"We're all traumatized," Bray said, his voice shaking.

One person was still classified as missing on Monday



Jenn Newman, a resident of Duncan, B.C., and one of the survivors rescued from the Leviathan II that capsized Sunday, visits on Monday the First St. dock and the G.I. Charles boat that rescued her. CHAD HIPOLITO/THE CANADIAN PRESS

afternoon.

Marc-Andre Poisson, director of investigation for the Transportation Safety Board, said they don't know what caused the boat to sink but they'll be collecting data, conducting interviews, looking at weather

conditions and analyzing photos and the maintenance records of the vessel.

Poisson said the boat has been towed away to a sheltered area to be examined.

All five people who died were British nationals, Brit-

ain's Foreign Office confirmed on Monday.

British Foreign Secretary Philip Hammond said consular staff in B.C. are supporting grieving family members.

The B.C. Coroners Service said those killed ranged in age

from 18 to 76 and that four of them were men.

Three of the dead were from Britain, while two of the British nationals were living in Canada. The woman was from B.C. and a man lived in Ontario, the service said.

Some of the 21 people who were rescued were injured.

Australia's Department of Foreign Affairs and Trade confirmed in a statement that an Australian man was missing. The Associated Press reported the department is providing consular assistance to the man's family.

Australian Associated Press reported that the 27-year-old Sydney man's family said he was on the boat with his girlfriend and her family when it sank. His girlfriend's father was among the five British citizens confirmed dead, the Australian news agency said.

Prime minister-designate Justin Trudeau and Premier Christy Clark expressed their condolences.

"I was shocked and saddened to hear of the sinking of a whale-watching boat near the B.C. coast and the passengers

“

We're all traumatized.

Jamie Bray, owner of Jamie's Whaling Station

aboard who have lost their lives in the incident," Trudeau said.

Both Trudeau and Clark thanked people who helped in the rescue effort.

Richard Little, 59, owner of a water taxi called the Ahousaht Raider, said he arrived at the accident scene after volunteers had rescued survivors and removed many of the dead.

He said the boat had not sunk but was bouncing up and down in the water, its bow up and stern down.

"I could see debris floating out of the cabin, the windows, door was slamming open and shut, and like cushions from seats and cushions from ... inside the boat were floating out of the boat," he said.

He said he also saw a deflated life-raft, still attached to the boat with a line.

THE CANADIAN PRESS

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ROYAL VISIT ECONOMIC MISSION Belgium's Princess Astrid visits the Vancouver Aquarium on Monday as part of a trip to British Columbia and Alberta. JIMMY JEONG/THE CANADIAN PRESS

'No political points'

SAVING THE CARIBOU

Minister denies logging influence in B.C. wolf cull



Matt Kieltky
Metro | Vancouver

British Columbia's environment minister says the province is "trying everything we can" to save the South Mountain Caribou despite accusations of outside political influence.

Mary Polak told Metro there are "no political points" to be won and denied logging companies had a significant hand in developing a controversial plan for a wolf cull in the South Selkirk region of the province in a bid to save the endangered

caribou species.

As of March, 14 South Mountain Caribou remain in the wild, down from 27 in 2012. "When you look at the final decision, it reflects our intent of protecting the animals," said Polak.

The allegations of industry interference come from the Wilderness Committee, which obtained a series of Ministry of Environment meeting notes through the Freedom of Information Act.

It shows government met with representatives from several logging interests (Coast Forest Products Association, Interior Lumber Manufacturer's Associate, Council of Forest Industries and Tolko Industries) last year to discuss the "forest industry's concerns about the application of the federal Species at Risk Act."

According to the notes, government accepted federal recovery strategies for endangered



(The cull) is a last resort. It's an emergency situation.

Mary Polak

species but "do not support implementation of additional legal habitat protection measures on non-federal land without evaluation of socio-economic implications and full consultation with directly affected parties."

And the province's draft five-year plan for species at risk was "tested with numerous high-level stakeholders, including the Council of Forest Industries" before being made public in March 2013.

Gwen Barlee, policy director for the Wilderness Committee, said logging contributes to the caribou's loss of habitat and the

industry's involvement represents a "conflict."

"What became clear to me is that instead of being a science-based document, it's polluted with input from the logging industry," said Barlee.

Predator culls have not proven to be an effective tool, she added.

Polak's consultations with logging companies were part of a larger stakeholder process that also included many environmental organizations and experts, the minister said.

Government has also protected 2.2 million hectares of the caribou's habitat, supports breeding programs and has banned disruptive snowmobiling through sensitive areas.

Polak acknowledges loss of habitat is the driving force in the South Mountain Caribou's demise but says their population is so low that simply protecting land won't ensure their survival.

PROTECTING OCEANS

2020 target still a long way off

A University of British Columbia researcher says the world has its work cut out for it if nations are intent on meeting international commitments to protect 10 per cent of oceans by 2020.

Lisa Boonzaier, who lives and works in South Africa, is the lead author of a recently published study tracking the world's progress in meeting the United Nations' Aichi targets.

Although the rate of protection has escalated since the mid-2000s, just four per cent of the world's oceans are currently protected.

"That 10 per cent is the first step and even that is one we're struggling to reach," said Boonzaier.

Should the international community reach that target in five years, Boonzaier said it's equally

4%

Just four per cent of the world's oceans are currently protected, according to a recently published study tracking the world's progress in meeting United Nations' Aichi targets.

important that protected areas are properly regulated, enforced and managed — so that marine environments are protected more than "just on paper."

Of the ocean environments already under protection, Boonzaier's team found that only 16 per cent of them — or 0.5 per cent of global ocean total

— are designated as "no take" (meaning fishing and resource extraction is barred).

Should the UN reach its goal, the next step would be to follow the non-binding 2014 World Parks Congress recommendation that 30 per cent of oceans be "no take" areas, Boonzaier said.

The newly-elected Liberal government in Canada appears to be on board.

According to the David Suzuki Foundation's summary of the Liberal platform, Justin Trudeau's party has committed to reaching the 2020 goal and also supports banning oil tankers off B.C.'s north coast, restore Fisheries Act protections, and act on the Cohen Commission wild salmon recommendations.

MATT KIELTYKA/METRO

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'You'll see more money'

Each day this week, Metro is taking an in-depth look at some of the immediate items on prime minister-designate Justin Trudeau's to-do list. Today, we examine his promise to raise taxes on high-income earners and cut them for the middle class.

Michael Woods
Metro | Ottawa

During his first couple of years as Liberal leader, Justin Trudeau spoke at length about helping the middle class, but didn't give many specifics on how exactly he would do it.

That all changed on an early May morning at Dinty's, a casual family restaurant in the west end of Gatineau, Que.

Trudeau announced the Liberals would create a new, fifth tax bracket for high-income earners and use the money to fund a tax cut for middle-income earners.

In other words, a Liberal government would ask the rich to pay more so the middle class can pay less.

The plan, along with the proposed Canada Child Benefit and scrapping income splitting, became a central piece of Trudeau's "fairness" pitch to so-called middle-class voters.

Less than two weeks before the federal election, Trudeau upped the ante: He said the tax cut would be the first legislation his government would introduce after election day.

"A Liberal government will introduce, as its very first bill in Parliament, a tax cut for the middle class," he said at a suburban Toronto grocery store on Oct. 9. "You'll see more money on your paycheques right away."

It's unclear at this point when Parliament will be recalled. Trudeau is appointing his cabinet Nov. 4. But here's how the plan will work.

Trudeau PROMISES TRACKER

PART II

- GENDER PARITY
- TAXATION
- REFUGEES
- CLIMATE
- INDIGENOUS WOMEN

The Liberals have said they will create a new, 33 per cent tax bracket for Canadians making more than \$200,000 annually. They would also cut the tax rate for people earning between \$44,701 and \$89,401 from 22 per cent to 20.5 per cent.

Trudeau has said that will save \$670 per person, per year.

The Liberal platform says the two tax changes will be revenue neutral: The \$3 billion in tax relief for middle-income earners will be offset by \$3 billion in revenue generated by the new tax bracket.

There are questions about who would benefit most from the tax cut.

"They're calling it a middle class tax cut because it aims at



Prime minister-designate Justin Trudeau hugs a supporter as he leaves the stage after a welcome rally in Ottawa on Oct. 20. ADRIAN WYLD/THE CANADIAN PRESS

A Liberal government will introduce, as its very first bill in Parliament, a tax cut for the middle class

Prime minister-designate Justin Trudeau

the middle tax bracket," said David Macdonald, senior economist at the Canadian Centre for Policy Alternatives. "In fact, the people who get the most benefit from the middle class

tax cut earn the top 20 per cent of households."

Macdonald said to fully benefit from the proposed tax break, people would have to earn a greater amount than

the top of the bracket.

"You have to make at least \$89,000 personally to benefit from the full value of this tax break," he added. "That's three times the median income."

However, Macdonald said the Liberal platform has progressive elements, such as the Canada Child Benefit, which will do much for families with children, as well as boosting the guaranteed income supplement, which will help seniors.

Names vying for top spot

The race for interim leader of the Conservative Party already has several candidates, and several more have confirmed they are not running. Metro compiles a list of who's in and who's out.

WHO'S IN?

1 Erin O'Toole
Veterans Affairs Minister



2 Rob Nicholson
Minister of National Defence

3 Diane Finley
Minister of Human Resources



WHO'S OUT?

1 John Baird
Former foreign affairs minister



2 Mark Mulroney
Son of former prime minister Brian Mulroney

3 Jean Charest
Former premier of Quebec



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Quake devastates region

A massive earthquake struck remote and impoverished regions of northern Afghanistan and Pakistan on Monday, killing at least 263 people as it shook buildings across South Asia and knocked out power and communications to already-isolated areas.

The 7.5-magnitude quake was centred deep beneath the Hindu Kush mountains in Afghanistan's sparsely populated Badakhshan province, which borders Pakistan, Tajikistan and China, the U.S. Geological Survey said.

In the Afghan capital of Kabul, buildings shook for up to 45 seconds, walls cracked and cars rolled in the streets as electricity went out. Frightened workers who had just returned from lunch also rushed from swaying buildings in the Pakistani capital of Islamabad and to the south in the Indian capital of New Delhi.

At least 228 people were killed in Pakistan, with more than 1,000 injured, while Afghan officials reported 33 dead and more than 200 injured, and authorities in the Indian-controlled Kashmir region reported two deaths. Officials expected the casualty toll to rise as they reached the remote areas.



Victims of Monday's earthquake receive treatment at Ayub Medical Hospital in Abbottabad, Pakistan. The earthquake hit the Afghan-Pakistan border area hard. AQEEL AHMED/THE ASSOCIATED PRESS

Authorities struggled to reach the hardest-hit areas in Afghanistan near the epicenter, located 73 kilometres (45 miles) south of Fayzabad, the capital of Badakhshan province.

Abdul Humayoon Dehqan, the head of the National Dis-

aster Management Authority's provincial office, said he knew of only 12 dead and 20 injured in the province, mostly in collapsed buildings, and that his teams would not reach affected areas until Tuesday morning to get a better count.

Despite vast mineral deposits, Badakhshan is one of Afghanistan's poorest provinces. It is often hit by earthquakes, but casualty figures are usually low because it is so sparsely populated, with fewer than 1 million people spread across its vast

+ AID

The U.S. has emergency shelters and kits stored in Afghanistan that could be used for aid there. Pakistan's army chief Gen. Raheel Sharif, has ordered troops to respond to affected areas in his country.

THE ASSOCIATED PRESS

mountains and valleys. It also suffers from floods, snowstorms and mudslides.

Afghanistan's Chief Executive Abdullah Abdullah convened an emergency meeting of disaster officials and urged them to ensure that people were prepared for aftershocks. That could mean many hundreds would be forced to sleep outdoors in nighttime temperatures dropping below freezing. President Ashraf Ghani sent condolences to those who lost relatives and property and appointed an "assessment committee" to ensure emergency relief reached the needy as soon as possible, his office said.

THE ASSOCIATED PRESS

IN BRIEF

Abbas seeks EU help to ease crisis with Israel

Palestine leader Mahmoud Abbas went to the European Union Monday to seek the bloc's help with the crisis with Israel. There have been almost daily Palestinian attacks against Israeli civilians and security forces. In the past five weeks, 10 Israelis have been killed in Palestinian attacks, while 51 Palestinians have been killed by Israeli fire, including 30 said by Israel to be attackers and the rest in clashes.

Migrants continue surge across Balkans

EU leaders have committed to help the Balkans handle the flow of people traveling through the region en route to prosperous countries. But with record numbers arriving daily, the moves will likely make their journeys more difficult. Croatian police said as of early Monday, more than 13,000 migrants had arrived from Serbia in one day, while Slovenian police reported 10,000 arrivals from Croatia in the same period. THE ASSOCIATED PRESS

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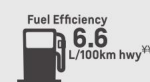
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Valeant fires back at Citron Research

Drug maker Valeant Pharmaceuticals is asking U.S. securities regulators to investigate Citron Research, whose explosive report about the Quebec-based company's business practices caused its stock to crater.

Chief executive Michael Pearson told analysts Monday that the main reason for Valeant's recent problems is that it is the victim of false allegations by outsiders who want to ma-

nipulate the market to their own profit.

Pearson says he has called on the Securities and Exchange Commission to investigate Citron Research and Andrew Left, its executive editor, after the U.S. short seller compared Valeant to Enron, the U.S. energy firm that collapsed after widespread deception and fraud at the highest levels.

THE CANADIAN PRESS

market minute

	DOLLAR 75.97¢ (+0.07¢)
	TSX 13,790.90 (-162.76)
	OIL \$43.98 US (-62¢)
	GOLD \$1,166.20 US (+\$3.40)

NATURAL GAS: \$2.062 US (-22.4¢)
DOW JONES: 17,623.05 (-23.65)



Canada Post announced in 2013 a plan to phase out door-to-door delivery and cut up to 8,000 jobs as home mail delivery revenues continued to decline. THE CANADIAN PRESS FILE

Community box program halted

POSTAL SERVICE

Decision affects nearly half a million households

The country's national mail carrier has halted the installation of community mailboxes, one week after the Trudeau Liberals were elected with a pledge to scrap the move away from door-to-door delivery.

"Canada Post is temporarily suspending future deployment of the program to convert door-to-door mail delivery to community mailboxes," the Crown agency said in an email.

The move means nearly half a million households that were to be converted over the next two months will keep their current mail service.

"Efforts are now underway

to place the comprehensive program on hold in an orderly fashion," said the statement.

"Customers impacted by this decision will receive a letter within the next few weeks advising them of the status of their mail delivery service."

But those already converted over the last 10 months will not get door-to-door service back — at least not under Canada Post's current plan.

The union representing postal employees said it was elated with the news. But the Canadian Union of Postal Workers will be pushing the Liberal government to reverse the cuts to postal services that have been made so far, said the organization's national president.

"I think the people of this country spoke quite clearly last Monday," said Mike Palecek.

"We also need to look at restoring the home mail delivery

to those who have already lost it," Palecek added.

"And we need to look at having a public mandate review for Canada Post about exactly what direction we want this Crown corporation to go."

CUPW has been pushing Canada Post to expand its business into ventures such as postal banking services, similar to those adopted in other countries including the United Kingdom and France.

Liberal Leader Justin Trudeau promised during the election campaign to reverse cuts to door-to-door mail delivery that were begun under the Harper Conservative government. And with the Liberals elected to a majority government, some Liberal MPs said they were getting an earful from constituents who wanted to know why the boxes were still being installed.

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EMMA TEITEL

It's too early to tell what the PM's pot-friendly Canada will look like. But what it won't look like, I'd wager, is a land full of sober teenagers.

Everybody wants success, but few know what to do with it. The American poet Dorothy Parker said it best when she wrote: "If I should labour through daylight and dark/ Consecrate, valorous, serious, true/ Then on the world I may blazon my mark/ And what if I don't, and what if I do?"

Justin Trudeau is familiar with the sentiment: there are equal parts joy and dread in having one's dreams come true. The Liberals' rapid rise means a party previously down and out must deliver on some very big promises.

Trudeau campaigned on legalizing and regulating

marijuana, something he believes will limit youth access to pot by eroding the black market. But beyond vague assurances that legalization and regulation are good and prohibition is bad, his party hasn't yet informed the public about when or how exactly its legal pot plan will materialize.

"Between now and Nov. 4, our commitment is forming a new government," says Liberal spokesman Cameron Ahmad. Legalization, he adds, will "ensure that criminal organizations don't benefit from government policy that isn't working."

Pot activists, meanwhile, are having a Dorothy Parker moment of their own, ambivalent about the future. Hugó St-Onge, spokesperson for the Bloc Pot — a pro-cannabis party in Quebec — is happy to see a weed-friendly PM in office but worries the Liberals'



proposed regulation will be too strict and too expensive to stymie organized crime.

Government officials in Colorado warn that legalization is rife with complications. Trudeau may not be thinking in great detail about an issue his party has filed under "to do after Nov. 4."

It's too early to tell what a pot-friendly Canada will look like. But it won't be, I'd wager, a land of sober teenagers.

Yes, legal weed may erode the black market, but the argument that legalization will keep weed away from youth is unconvincing. Regulation may curb organized crime's influence but it cannot eliminate another pesky criminal entity: the older sibling who — out of kindness or for the right price — is willing to assist a younger sibling. Which is to say, alcohol is legal and regulated, but that does not prevent irrespon-

sible brothers and sisters of legal drinking age (bless them) from stocking the fridge with beer for their siblings' parties.

A Canada with legal weed will likely be a Canada in which more people are stoned. That some of those people may be teens is disturbing to many. But parents wary of Trudeau's promise might take comfort in the possibility that legalization will eliminate the criminal stigma, making it easier to ask kids about pot.

In a world where pot is illegal, the message to youth is a) It should be avoided at all costs and b) It's totally cool to overindulge, and anyone who suggests otherwise is a blowhard. Legalization will not solve all our problems, but it will make it clear the truth lies somewhere in the middle.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

ROSEMARY WESTWOOD

metroview

Anti-choicers don't just hate abortion, they hate vaginas

Yeast infections! Yeast infections! Shout it with me: Yee-aaasssst infeections!

Fun, right?

But, also: effective.

I don't mean the infections themselves, though they are effective at causing extreme itchiness (God bless antifungal cream).

No, I mean shouting "yeast infections!" breaks up anti-Planned Parenthood protests faster than Angry Con derails a Harper rally.

Women might be susceptible to the discomfort of Candida albicans (vaginal yeast), but Planned Parenthood demonizers? They're allergic to just the words. Admittedly, it takes a few doses. Try chanting "yeast infections!" over and over for 20 minutes. Add a high kick or two. Should do the trick.

For this treatment, we can thank Mary Numair, a 29-year-old from Portland, Ore.

It all started Sunday, when protesters, one carrying an "Abortion Kills Children" sign, began marching outside the cat rescue where Numair works. So, she got started with her own cardboard sign: "Dear P.P., Thanks for helping with my yeast infections!" Decorating the sign with hearts, a stick figure with breasts and a close-up of a vagina, Numair infiltrated the crowd.

"I did get called a whore," she told Slate magazine. "One woman was shaking her head. I knelt down to her kid and

said, 'Do you know about yeast infections?'"

"I don't know why I started chanting.... It just came out," she said. "And I started doing high kicks, which I don't normally do in my skinny jeans."

Though the protesters tried to ward her off by praying for her, they eventually couldn't take it anymore and left. She posted her win on Instagram and told Slate she's convinced her tactics will work for others. (I reached out to Numair but didn't hear back.)

This event is instructive. Numair has shown that anti-choicers don't only hate abortion, they find actual vaginas icky. (Sticky, I'll grant you, but wonderful.)

Planned Parenthood has been vilified for a video about its fetal tissue donation program. It's fighting to survive defunding attacks from state and federal politicians, while women, by dint of geography, means or insurance status, are increasingly denied the right to abortions and other crucial health services PP provides.

So, you can see why pro-PP protesters need all the ammunition they can get — and Numair's chant has opened up a plethora of explicitly genital-related choices. Vagina! Labia! Bladder infection! Chlamydia!

The more graphic, the better. The protesters are bound to disperse, thanks to the imagery you've conjured up. Feel free to get creative and hit them where it hurts.

The argument that legalization will keep weed away from youth is unconvincing.

Trick-or-treating makes safer streets year-round



YOUR RIDE

Karen Quinn Fung

The fun of trick-or-treating for children is a no-brainer. Being on streets after dark, dressed up in costumes and being loud sounds fantastic for most kids. The break from routine is excitement enough, even without the promise of hoarding treats through to Christmas.

It's less obvious what adults get out of it — especially for those of us who aren't or may

It turns out that trick-or-treating shows you what's working about your neighbourhood.

never be parents of young children. Like many, my Halloween planning starts with a scroll down my Facebook event invites, unless a craft project catches my eye.

Scratch beneath the surface, and it turns out that trick-or-treating shows you what's working about your neighbourhood, and helps you make it less scary and more enjoyable to live in year-round — well worth the effort of putting a jack-o'-lantern out.

For the past few years, inspired in part by urban geographer Richard Florida's "trick-or-treater" index, urban observers have held informal trick-or-treat counts to compare numbers on the health of various Metro Vancouver neighbourhoods. The reasoning: The number of trick-or-treaters is a clear signal not only for a neighbourhood's child-friendliness, but also how easy and comfortable it is

to traverse a neighbourhood by walking.

Kids are quick to suss out what's good for trick-or-treating on Halloween, hitting as many doors as they can for the least amount of strolling. But walking means getting a good look at whether your street has features like trees, good lighting and doors oriented to sidewalks unencumbered by long, uninviting driveway curbs. If your neighbours can see what's happening on a street while they're inside, you might feel safer about being out all the time.

Even more vital, trick-or-treating allows preteens to have contact with adults at the periphery of their everyday. With kids spending so much time in structured activities and less on unstructured play in streets and public areas, talking to strangers matters more than ever for sowing the seeds of important

civic skills. These interactions teach us how to negotiate our public selves as residents, neighbours and members of communities.

This all starts with the atomic unit of connection: eye contact. Repeated exposures mean lower barriers to smiling. It's also easier when you're moving slower — like walking or travelling by bike — and feels more reciprocal when both parties aren't behind car windshields.

Nothing breaks the ice like having an excuse to knock on a door. Nothing makes a neighbourhood healthier than neighbours who know and trust each other.

What's really scary is how few of us take the time to make sure we do.

Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.

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PHILOSOPHER CAT
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WHEN YOU HAVE
NOTHING TO SAY,
SAY NOTHING.

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The healing power of hip hop

MEDICINE

Doctors use popular lyrics to fight mental health stigma

The lyrics of hip hop greats are filled with imagery about mental illness, addiction and overcoming struggles — from musings on the dangerous power of alcohol in Kendrick Lamar's 2012 song *Swimming Pools* to the portrait of an obsessive fan in Eminem's 2000 track *Stan*.

With that connection in mind, two rap-loving researchers have launched Hip Hop Psych, a mental health awareness initiative using the genre for anti-stigma campaigns and outreach work in prisons, schools and hostels.

The pair have written about the connection between hip hop and mental health and drug culture for major medical journals such as *The Lancet* and the *Journal of Public Mental Health*.

Here, psychiatrist Dr. Akeem Sule, based out of the Cumbria and South Essex NHS Trusts in the U.K., and Canadian neuroscientist Dr. Becky Inkster, a University of Toronto grad who's now working in the psychiatry department of the University of Cambridge, talk about how the genre can break down stigma.

What, exactly, is Hip Hop Psych all about?

AS: When you look at the origins of hip hop, you find out it happened in south Bronx



Dr. Akeem Sule, left, and Dr. Becky Inkster write about the connection between hip hop, mental health and drug culture. TORSTAR

at a time when there was economic collapse and the plight of African-Americans and Hispanics was really bad. But out of this same culture came a multibillion-dollar industry. What Becky and I believe is that, when you look at the hip hop lyrics, you can actually see snippets of mental-health problems — but also look at resilience.

BI: It's often really difficult to get these medical messages across. There's so much research and knowledge out there, but it falls short of actually reaching the people. This is such a different,

unique way of delivering the information in a way people can relate to.

What does your outreach work look like?

AS: Our outreach work has involved prisons, where we dissect lyrics which have a focus on resilience. We talked to the prisoners and identified lyrics which we dissected with emphasis on resilience (eg. positive visual imagery, cognitive reframing.) We also talked about mental-health problems highlighted in the lyrics ... the prisoners felt able to open up about mental-



It doesn't sugar coat anything and the message comes from the heart.

Dr. Becky Inkster on why hip hop is an effective tool for mental health outreach work

health problems they had been experiencing in a way that would not have been possible if hip hop lyrics were not used.

So what's special about hip hop? Why this versus another genre?

BI: It tends to be really raw in terms of the message. So it doesn't sugar coat anything

and the message comes from the heart. It's often about socio-political struggles, self-expression, equality, fighting for what you deserve. AS: It kind of focuses on the underdog, the underclass. What could be more relevant? Hip hop is really good at reaching hard-to-reach communities.

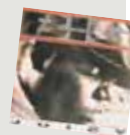
TORSTAR NEWS SERVICE

THE MESSAGE

Deconstructing some of our favourite songs

• Notorious B.I.G.'s Juicy

"It's about aspirations. There is some interesting research about people having future-positive visual imagery. In this track, Biggie's actually doing that. It's a way of developing resilience," says Dr. Sule



• Kendrick Lamar's Swimming Pools

"If you hear it, it sounds like a horrible, horrible message about alcohol misuse. It's actually about a kid going through hard struggles and trying to make the right decisions while his environment, and pressures around him, are fighting against him," says Dr. Inkster.



• Eminem's Stan

"Stan is very interesting, because you see all kinds of materials covered, from attachment difficulties at a young age to the implications of self-harm and drug addiction," says Dr. Sule.

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Cured meats linked to cancer: WHO

PROCESSED FOODS

Daily intake increases risk

Hot dogs, bacon, cold cuts and other processed meats raise the risk of colon, stomach and other cancers, and red meat probably contributes to the disease, too, the World Health Organization said Monday, throwing its considerable authority behind what many doctors have been warning for years.

WHO's cancer agency analyzed decades of research on the subject and issued its most definitive statement yet, putting processed meats in the same danger category as smoking or asbestos, though that doesn't mean, say, salami is as bad as cigarettes.

The meat industry protested the classification, arguing that cancer isn't caused by a specific food but also involves lifestyle and environmental factors.

A group of 22 scientists from

the WHO's International Agency for Research on Cancer in Lyon, France, evaluated more than 800 studies from several continents about meat and cancer.

The studies looked at more than a dozen types of cancer in populations with diverse diets over the past 20 years.

Based on that evaluation, the IARC classified processed meat as "carcinogenic to humans," noting links in particular to colon cancer.

It said red meat contains some important nutrients, but still labelled it "probably carcinogenic," with links to colon, prostate and pancreatic cancers.

The agency said it did not have enough data to define how much processed meat is too dangerous,

but said the risk grows with the amount consumed.

Analysis of 10 of the studies suggested that a 50-gram portion of processed meat daily — or about 1.75 ounces — increases the risk of colorectal cancer over

a lifetime by about 18 per cent.

An ounce and three-quarters is roughly equivalent to a hot dog or a couple of slices of bologna, though it depends on how thinly it is sliced.

"In view of the large number of

people who consume processed meat, the global impact on cancer incidence is of public health importance," Dr. Kurt Straif of the IARC said in a statement.

THE ASSOCIATED PRESS



TORSTAR NEWS SERVICE/FILE

EVERYDAY LIFE

Other cancer-causing substances

Alcohol: According to the U.S. Department of Health and Human Services' National Toxicology Program Report on Carcinogens, an estimated 3.5 per cent of all cancer deaths in the U.S. in 2009 were alcohol related.

Sunlamps: Studies show exposure to sunlamps or sunbeds increases the risk of malignant melanoma. In addition, the longer the exposure, the greater the risk, especially in individuals exposed before the age of 30, the NTP says.

Air pollution: Outdoor air pollution was added to the IARC's list of carcinogens in 2013.

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ANALYSIS

Train the brain and the body

Ever had your mind race during a yoga session? Or been consumed by thoughts of your leg cramping during a run? It's easy to let your mind wander — or fill up with worries — when you're working out.

Cue some mental fitness in the form of mindfulness.

The popular technique for learning to pay attention and "tune in" to your thoughts is rooted in Buddhist meditation traditions and was later popularized in the West by Jon Kabat-Zinn. Since 1979, more than 20,000 people have completed the Mindfulness Based Stress Reduction program Kabat-Zinn founded at the University of Massachusetts Medical School — while millions more around the world have tried out similar programs or at-home exercises.

"I often talk about mindfulness as training the mind the way physical exercise is training the body," says Dr. Steven Selchen, head of mindfulness-based therapies at Sunnybrook Health Sciences Centre in Toronto.

It's about learning to be aware of what's going on inside us and around us, he explains. And even though it's a mental thing, there can be a connection to physical fitness. "People use exercise in different ways, and often use it as stress release or something to sort of get away from what's bothering us," Selchen says. "Mindfulness is more about tuning into our experience so we can handle it better."

That could mean paying closer attention while running, or meditating during a yoga class. However you do it, mindfulness can

help you tune into the mental "stories" that pop up while you're working out, Selchen explains.

"You have a certain physical sensation like a cramp or a tightness somewhere, and you tell yourself all kinds of stories about why that's a problem . . . it's those stories that end up making us really frustrated," he says.

Instead, you can pay attention to it and accept it as just a routine part of your workout, rather than something negative.

Focusing on the moment can actually make exercise a more positive experience, suggests Dr. Paul Kelly, clinical director at the Mindfulness Clinic in Toronto. Mindfulness makes it more likely you'll "appreciate good feelings" inside your body, he says.

"When somebody is exercising, are they tuned into how



Instead of letting your mind run wild, focus on the moment. Experts say this make it more likely you will appreciate good feelings inside your body as you exercise. TORSTAR NEWS SERVICE/FILE

their body feels? Or are they not noticing their body at all?" Kelly says. "Somebody might be listening to music or watching a screen. Their body is exercising but their mind might not be a part of that."

The practice also offers a way for athletes to focus, he adds.

"If you're playing baseball, you want to pay attention when

you're up to bat or on the field," Kelly explains. "Good players will stay in the zone, so to speak, and mindfulness training is now being used by a number of professional sports teams."

Of course, shifting your mindset during exercise can be tricky at first.

Dr. Lucinda Sykes of Toronto's Meditation for Health clinic

suggests trying out mindfulness somewhere else first — the shower. "Being in the shower or bathtub is a great opportunity to feel yourself being physically here," she says. "Feel the water against your skin . . . feel yourself standing in the shower. Feel the water, and your body responding, even for just a moment."

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Devon Scoble
For Metro Canada



'Natural' doesn't always mean safe and when you're dealing with unregulated products, it doesn't necessarily mean 'natural,' either.

Maryse Durette, spokesperson for Health Canada

Both Health Canada and the FDA have published warnings against so-called "herbal Viagra" after Lamar Odom, former Los Angeles Lakers forward and estranged husband of Khloe Kardashian, landed in a coma earlier this month following a bender at a Nevada brothel.

Witnesses and a spokesperson for the Love Ranch report that before his collapse, Odom took cocaine, alcohol and up to 10 natural sexual performance enhancers, including Reload and Libimax Plus.

Health Canada and the FDA warn against Reload — one of many natural supplements that go by the loose street name herbal Viagra — citing undeclared ingredients that could prove dangerous when taken with other drugs.

It's difficult to confirm the availability of herbal Viagra in Canada, but Maryse Durette, a spokesperson for Health Canada, warns against unregulated foreign supplements that may

enter the marketplace via travellers or the Internet.

Often these products contain undeclared ingredients, including those found in legitimate, prescription-only erectile dysfunction drugs like Viagra and Cialis.

"Undeclared ingredients are dangerous, potentially deadly," says Durette.

"If you don't know what you're taking, then you can't know how it will interact with your regular prescriptions, your diet, your allergies or health conditions. 'Natural' doesn't always mean safe and when you're dealing with unregulated products, it doesn't necessarily mean 'natural,' either."

Outrageous drug names prevail, and distinguishing approved supplements (like Horny Goat Weed) from banned ones (like Cave Diver, Get It Up and

Reload) requires both caution and common sense.

Durette reminds consumers that approved natural health products, or NHPs, can be identified by an eight-digit natural product number (NPN) or homeopathic medicine number (DIN-HM).

When in doubt, check Health Canada's database and always consult your health-care provider before taking supplements.

Health Canada warns that drugs promoted for weight loss, body building, erectile dysfunction, sleep problems, inflammatory conditions and treatment of diabetes are particularly prone to adulteration.

They say to always check for the NPN or DIN-HM and avoid buying from websites that advertise miracle cures or refuse to provide a legitimate street address and telephone number.

GOSSIP ITEM BREACH OF PRIVACY

Staff fired for allegedly trying to sneak pics of unconscious Odom

The health-care sector is generally a solid bet, career-wise, but here's a good way to flush any job security down the drain: Try to take photos of a comatose

Lamar Odom that you can then sell to the tabloids.

Several staffers at Nevada's Sunrise Hospital were reportedly fired after trying to sneak snaps of the former NBA star while he was under care there, according to TMZ — which is particu-

larly amusing because who the hell do you think they were going to try to sell them to? The new fires also reportedly tried to access Odom's medical records, which is obviously a big no-no.

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Being the very best Bachelor he could be

FITNESS

Farmer turned reality star shares his workout tips

If Chris Soules ever needed incentive to get ripped, the thought of millions of people watching him date on TV did it.

"I wanted to be the best Bachelor I could be," Soules said during a visit to Toronto for a Grain Farmers of Ontario event. "I worked really hard to get into shape."

The 33-year-old farmer — best known for his turn as the 19th Bachelor on the romance reality show by the same name — grew up working on his family farm in Arlington, Iowa and playing football in college. But he admits he fell off the fitness bandwagon for a time, not taking care of himself and eating too much.

It was his looming Bachelor debut that spurred him into action. For five weeks, Soules worked out religiously — twice daily for an hour and a half each — determined to transform himself into a chiseled figure worthy of appearance-obsessed reality TV.

The thought of meeting 30 beautiful women helped too.

"I knew they would be trying to be their best so I wanted to be my best," he said.

After the show, Soules' stint on Dancing with the Stars pushed his body to even higher limits.

"It was a non-stop, grueling process but I loved every second of it," he said of practicing dance for six-plus hours every day for 10 weeks.

Today, his workout is a bit more sustainable — an hour and a half every day. Without it? "I don't feel normal," he said.

TORSTAR NEWS SERVICE

+ HOW HE DOES IT:

His daily workout:

Cardio: Either four miles (6.4 kilometres) on the treadmill or 30 minutes on the elliptical machine.

Weights, etc.: After cardio, Soules spends one hour doing

weights, working with a kettle bell, doing lunges and ab exercises.

His diet:

Soules says he likes to eat "a healthy, clean diet" filled with vegetables and meat.

He has a penchant for hard-boiled eggs.

His playlist:

Soules says he prefers country for cardio and rap for weights.



U.S. Bachelor star and farmer Chris Soules trained for an hour-and-a-half, five days a week, twice a day to get in shape for the show. VINCE TALOTTA/TORSTAR NEWS SERVICE



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With Adele's latest single, the secret is out

MUSIC

Producer, co-writer of Hello says keeping mum was hard

Getting into the studio and writing a potential hit song for Adele sounds hard enough. Now add keeping mum about the track for a year.

That's the challenge Greg Kurstin faced after producing and co-writing Hello last year.

"I'm not going to lie; it's not easy to hold that information in for that long. It's kind of like I was holding this big secret for so long, but I stuck with it," the Grammy- and Golden Globe-nominated songwriter-producer, said in an interview with The Associated Press.

"It wasn't easy. You kind of want to shout it out, run around in the streets yelling to random strangers what you've just done," he added.

Hello was released Friday and it topped the iTunes singles chart in 85 countries. The music video broke the Vevo record for most views in a day with 27.7 million.

Hello is Adele's first single since releasing 2011's earth-shattering 21, her sophomore album that sold more than 11 million units in the United States and won the Grammy Award for album of the year, among other accolades.

"I'm still in shock honestly. ... I was just pretty blown away," Kurstin said of the insta-success of Hello.

Kurstin, who has worked with Pink, Lily Allen, Katy Perry and Taylor Swift, said he and Adele were supposed to work on music for 21, but that it didn't pan out. On 25, which Adele will release on Nov. 20, he also contributes to the tracks Water Under the Bridge and Million Years Ago.

Kurstin said he was putting some pressure on himself before meeting with powerhouse singer since this was her followup to 21. But that changed once he set foot in the studio, and they started working on songs last year, including Hello.

"She's just so wonderful to be around. She is funny and she's just so down-to-earth. ... You can immediately relate to her and connect with her," Kurstin said

metroGOSSIP
MUST READ



Adele performs at the Oscars in 2013. Released Friday, Adele's Hello has topped the iTunes singles chart. The music video broke Vevo's record for most views in a day. THE ASSOCIATED PRESS

of Adele. "I really felt very comfortable around her because she makes you feel that way. She's just cool, and then she gets on the microphone and of course blows your mind."

Kurstin's writing and pro-

duction credits include pop smashes like Sia's Chandelier, Kelly Clarkson's Stronger (What Doesn't Kill You) and Ellie Goulding's Burn. He is one half of the indie duo The Bird and the Bee, releasing a fourth

album this year.

Kurstin is also working with another Grammy album of the year winner: He produced Beck's new single, Dreams, and is producing other tracks on the rock singer's followup to 2014's Mor-

ning Phase, which won the top Grammy earlier this year.

"I used to play in his band actually," said Kurstin, who added that is the first time he's officially writing and producing for Beck. THE ASSOCIATED PRESS



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ACCIDENT

Injured again: Look, Ma, no hands!

Ned Ehrbar
Metro | Hollywood



Stop me if you've heard this one before: Jimmy Fallon had to be rushed to the hospital because he hurt his hand. No, his other hand. The Tonight Show host — who has been recovering from a nasty kitchen accident from over the summer when he almost cut off a finger — took a tumble this weekend and messed up his

other hand.

He was carousing after receiving an award from the Harvard Lampoon, carrying a bottle of Jaegermeister, when "some random girl kneeled down in front of him abruptly as he was turning around and he tripped over her," a source tells People magazine. And down went Fallon, bottle and all.

He was rushed to Massachusetts General and bandaged up. At this point, if I were Fallon's feet, I'd be worried.



Jimmy Fallon. GETTY IMAGES

GOSSIP BRIEFS

Demi Lovato doesn't think Poot deserves headlines
Internet pranksters, Demi Lovato is not amused. Recently, an unflattering photo of the singer inspired a new online folklore legend, Poot Lovato, her fictional twin sister who "was locked in a basement her whole life."

The joke spawned a fake Twitter account



and a full, fan-published back story and a Wikipedia page. And guess what! Demi herself is not amused. "Cool to see a s—ty angle turn into a meme that circulates the Internet to people's amusement ha," she tweeted, using the least convincing laugh I've heard since the last time I tried to do stand-up. NED EHRBAR/METRO

Remini calls out Church of Scientology

Leah Remini is not being shy about her dislike the Church of Scientology — which isn't



surprising, considering she has a book coming out called Troublemaker: Surviving Hollywood and Scientology.

"Being critical of Tom Cruise is being critical of Scientology itself," she says in an interview with 20/20 airing this week. "You are evil." Seems a bit harsh. Remember when people used to be afraid of crossing the Church of Scientology because of how much damage they could do to your career or because of all their scary lawyers? So weird, right? NED EHRBAR/METRO



metro SPORTS

NBA 2K16's simulation of the upcoming season predicts the Warriors will need seven games to beat the Cavs in the final

IN BRIEF

Halak earns shutout as Islanders rout Flames 4-0

Jaroslav Halak stopped 29 shots for his second shutout in three starts. Mikhail Grabovski scored late in the second period and the New York Islanders beat the Calgary Flames 4-0 Monday.

Frans Nielsen, Cal Clutterbuck and Kyle Okposo scored in the third period as the Islanders improved to 4-1-1 at home this season. Halak, making his fourth start, also had a shutout at Columbus last Tuesday night. Grabovski beat Flames goaltender Joni Ortio with a snap shot on the power play with just under 6 minutes left in the middle period

THE ASSOCIATED PRESS

Blackhawks leave it late as Toews' OT goal sinks Ducks

Jonathan Toews scored 51 seconds into overtime, Corey Crawford made 39 saves and the Chicago Blackhawks beat the Anaheim Ducks 1-0 on Monday night in a rematch of last season's Western Conference finals.

Crawford earned his second straight shutout and No. 14 for his career as the Blackhawks closed out a perfect 4-0 homestand. They also beat Tampa Bay 1-0 in overtime on Saturday night on Toews' first goal of the season. Taking advantage of the open ice for the NHL's new 3-on-3 overtime, Toews skated in and beat Frederik Andersen over his left shoulder.

THE ASSOCIATED PRESS

McCann out to earn ice time

NHL

Nine-game mark nearing for 19-year-old Canucks rookie



Cam Tucker
Metro | Vancouver

Jared McCann can't help but think about it. Decisions loom about whether McCann and fellow 19-year-old forward Jake Virtanen will remain with the Vancouver Canucks beyond the designated nine-game mark — if they played after nine games, a year of their entry level contracts would be used up — or get sent back to junior.

McCann, selected 24th overall in the 2014 NHL Draft, has played six games and scored twice. Virtanen, the sixth overall selection that same year, has played five times and is still searching for his first point with the Canucks.

McCann was once again between veteran wingers Brandon Prust and Derek Dorsett on a line Monday. Virtanen skated on the wing with Brandon Sutter and Alex Burrows, which would indicate both rookies will be in the lineup Tuesday when the Canucks host the Montreal Canadiens and their so-far perfect 9-0-0 record.

"I'm just trying to put it aside and focus on what I can control," said McCann. The rookie has shown flashes of brilliance and creativity in the offensive end — it's in the defensive end



Jared McCann, centre, of the Vancouver Canucks is congratulated by teammate Brandon Sutter after scoring a goal against the Calgary Flames. RICH LAM/GETTY IMAGES

where he sees the biggest room for improvement. "I've had some breakdowns which have kind of cost the team some chances and those are some things I want to take out of my game," he said.

How head coach Willie Desjardins has deployed his youngsters continues to be a talking point.

Virtanen had just 5:38 of ice time versus the Detroit Red Wings on Saturday, down from the 7:45 two nights earlier versus Washington and down even

further from the 9:10 versus Edmonton on Oct. 18.

McCann has seen more ice time, playing 11:48 against Detroit, 7:58 versus Washington, 10:24 versus St. Louis and 10:32 against Edmonton. The discussion hinges on if it would benefit both players to go back to junior this season and log plenty more ice time instead of reduced ice time in the NHL. "For us to evaluate them, we have to see them in tough situations," said Desjardins.

+ HISTORY BECKONS FOR MONTREAL

Habs can become third team ever to win first 10 of season

The Montreal Canadiens come to Rogers Arena sporting a perfect 9-0-0 record.

A win Tuesday over the Canucks would give them 10 consecutive victories to start the season, tying an NHL record held by the 1993-94 Toronto Maple

Leafs and 2006-07 Buffalo Sabres, as per the league's website.

It's no surprise goalie Carey Price has been integral in Montreal's success. He has a .961 save percentage, with 219 saves on 228 shots, allowing only nine goals against in seven games. CAM TUCKER/METRO

MLS PLAYOFFS

Whitecaps may up stadium capacity

With the Vancouver Whitecaps soon to play their first-ever Major League Soccer home playoff game, the club confirmed it will consider removing the blue tarps in the lower bowl of BC Place Stadium to increase capacity if there is a demand for additional tickets.

"I think we're going to play it by ear as we always have done and see what the interest is like," said club president Bob Lenarduzzi in a phone interview Monday.

"There's been a really positive response thus far so that's

encouraging." The Whitecaps defeated the Houston Dynamo 3-0 on Sunday to clinch second place in the Western Conference and secure a home playoff date on Nov. 8, which will be the second leg of a semifinal.

The club announced a sold out crowd of 21,000 fans for the milestone victory, marking the 11th time this season the Whitecaps have reached that figure, setting a new single-season record for the franchise.

However, there are portions of seats in the lower bowl that

“I think we're going to play it by ear as we always have done and see what the interest is like.”

Whitecaps president Bob Lenarduzzi to removing the blue tarps at BC Place

are closed off with blue tarps, sealing capacity off at 21,000 for MLS games.

Lenarduzzi said there was no "hard and fast deadline" for when a decision would be made about possibly of increasing the number of seats for a playoff game.

"If we can keep producing on the field I think we're going to see a positive response from people wanting to go games," he said.

After getting a bye through to the semifinal round, the Whitecaps would play either the Seattle Sounders, Portland Timbers or L.A. Galaxy in the next round. CAM TUCKER/METRO



Vancouver Whitecaps FC fans will be hoping the capacity is increased for their home playoff game. RICH LAM/GETTY IMAGES

NBA

5 storylines to watch during the season

With the NBA regular season starting Tuesday, here are five storylines to pay attention to as the 82-game marathon unfolds:

KOBE BRYANT

Is this the last go-round for the 36-year-old future Hall of Famer, entering his 20th season with the only franchise he's ever played for? And if it is, how will he handle it? By gently ceding some control of the team to the younger set, or will he try to go out guns blazing to make up for two injury-riddled seasons?

KEVIN DURANT

Oklahoma City was supposed to be a perennial championship contender with a group of budding young all-stars who got a taste of a title chase in 2012. Now, Durant will face an entire season of free agency speculation, Scott Brooks is out as the coach and the wonder is if the proverbial window is closing.

WHAT DIVISIONS?

The three Atlantic Division championship banners that hang in the Air Canada Centre



Kobe Bryant
GETTY IMAGES

now signify an accomplishment that is obsolete. Winning a division now gets teams nothing, because playoff seeding will be determined by overall record, making things more fair.

GO SMALL OR GO HOME

The move in the NBA these days is toward so-called "small ball." But having a multi-faceted group on the court seems to be the way everyone's going, and developing a lineup of basically interchangeable parts is the goal.

ROTTEN BIG APPLE?

Compared to the lack of success they've had — 17 wins last season — the New York Knicks get a disproportionate amount of publicity and chatter. But it's worth it for Raptors fans to pay a bit of attention to them this year and to hope for losses since New York owes Toronto a first-round draft pick in June.

TORSTAR NEWS SERVICE

Murphy in comfort zone

WORLD SERIES

K.C. looks to end Mets bopper's homer streak

Daniel Murphy took a meaty cut, then motioned to the batting practice pitcher to throw one a bit outside.

"Please," the New York Mets bopper added, politely.

Murphy promptly lined the next toss Monday into the right-field corner at Kauffman Stadium.

That's how easy he's making it look in real games, too.

So far, Murphy has invited many of baseball's top aces to his October bash — Clayton Kershaw, Zack Greinke and Jake Arrieta among them.

Now, the Kansas City Royals hope to spoil his playoff party.

Murphy has homered in a record six straight post-season games.

He'll take aim at Edinson Volquez and the Royals starting Tuesday night in the World Series opener.



Daniel Murphy has hit seven home runs this post-season, the last one coming in Game 4 of the NLCS against the Cubs.

NAM Y. HUH/THE ASSOCIATED PRESS

Murphy hit a career-best 14 home runs during the regular season, then launched seven more in the first two rounds against the Dodgers and Cubs. He is one from matching the

mark for most homers in a single post-season, shared by Barry Bonds, Carlos Beltran and Nelson Cruz.

"Superman? Oh, no, no," he said before the workout.

"Just a second baseman who's trying to get a good pitch to hit."

To Royals pitching coach Dave Eiland, that's the crux of Murphy's sudden power surge.

"He's getting a lot of good pitches to hit, and he isn't missing them," Eiland said. "He's right on them."

Eiland has noticed something else.

"He looks very comfortable in the batter's box — and I'll leave it at that," Eiland said.

Told about Eiland's comment, Royals pitcher Kris Medlen chuckled.

"Nobody's going to hit anybody," Medlen said. "But there are ways to get guys out. Coming in, going out, mixing it up."

Medlen noted that last week against the Cubs, Murphy golfed a pitched that was barely a foot off the ground for a home run. It was the second-lowest pitch hit for a homer in the majors this year.

"He's hitting everything," Medlen said.

Murphy won the MVP award in the NL Championship Series for sweeping Chicago, going 9-for-17. THE ASSOCIATED PRESS

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PHOTO: MAYA VINCE

Ceri Marsh & Laura Keogh
For Metro Canada



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Ingredients

- 12 new potatoes
- 3 Tbsp olive oil
- 2 tsp fresh or dried thyme
- Salt and pepper
- 4 salmon filets
- 1 bundle of asparagus, washed and trimmed
- 20 cherry tomatoes
- Big squeeze of lemon juice

Directions

1. Preheat the oven to 375 F.
2. Line a rimmed baking sheet with parchment.
3. Thinly slice potatoes and scatter them across baking sheet. Season with 2 Tbsp of olive oil, pinch of salt, pepper and thyme. Place in oven for 15 minutes.
4. Remove tray from oven. Increase heat to 400 degrees. Lay the salmon filets over the potatoes and add the asparagus and tomatoes. Return to oven for 10 to 15 minutes, or until salmon is cooked.
5. Remove from oven. Squeeze lemon juice over the whole pan and serve.

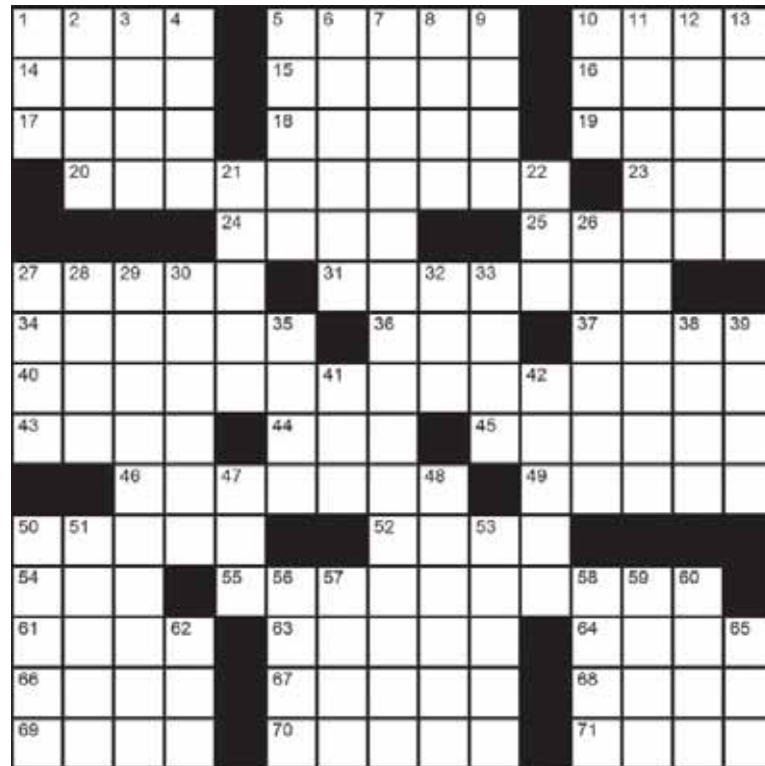
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BY KELLY ANN BUCHANAN

ACROSS

1. Satan's sphere
5. Emily Watson's role in "Gosford Park" (2001)
10. Armoured police team letters
14. "..._, whatever will be, will be..."
15. Like the garden's blanket of grass
16. Type of cotton
17. _-detached house
18. "Fame" singer Ms. Cara
19. Certain cuckoos
20. The Phantom's haunt, _ _ House
23. Chem. suffix
24. Conde _ (Magazine publisher)
25. House's interior, style-wise
27. Greek alphabet's last letter
31. George Hamilton IV's 'prettiest town' country hit of 1963
34. Repairing
36. Southern constellation near Telescopium
37. Ms. Fitzgerald
40. Group of Seven painter born in Sheffield, England in 1881: 2 wds.
43. Bone dry
44. Mork from _
45. Be a participant/captivate
46. Preside over the meeting with another person
49. Tzatziki sauce sandwiches
50. Beijing's locale
52. Samantha's twitcher



- on "Bewitched"
54. "You bet!"
55. Canadian whisky maker, The Crown Royal _ Company
61. Cut
63. Neil Diamond song that goes "...I used to call your name."

64. Clean-cut
66. Stand-up guy Jay
67. "Network" (1976) director Sidney
68. _ of duty
69. Belonging to Manchester's li'l country
70. They're scat-

- tered in gardens
71. And nothing more

DOWN

1. 'Count' suffix
2. HBO comedy starring Julia Louis-Dreyfus
3. _ "la Douce"

- (1963)
4. Retreat
5. "Clueless" (1995) actress Ms. Donovan
6. Crooner of 1955 song "Domeni": Julius _
7. Transported to a previous era: 4 wds.
8. Ye olde rest stop
9. Glancer
10. Watering hole
11. Vineyard's storage area: 2 wds.
12. _ acid
13. Shocking weapon
21. Absurd
22. Fruit drink
26. Get-up-and-go
27. Ons opposites
28. Morass
29. Reason for gyms
30. Book of Judges judge
32. Annoy
33. Bathe
35. David of "Rhoda"
38. Construction set brand
39. Nautical affirmatives
41. Rosemary's Baby novelist Mr. Levin
42. Spin-off series of "Buffy the Vampire Slayer"
47. Scoundrel
48. Churned
50. Recurring process
51. Ms. Hunt of Hollywood
53. Casino games
56. Baffin, et al.
57. Andrew of "Melrose Place"
58. 1996 Celine Dion album: "Falling _ You"
59. Las Vegas brightener
60. Ancient region of Europe
62. Opposite of negative, for short
65. Attempt

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
As today's full moon takes place the area of your chart that governs what you own and what you earn you would be wise not to be too extravagant or generous. Keep something in reserve.

Taurus April 21 - May 21
You must work closely with others and you need to understand that their opinions may differ from yours. Remember, you don't have to agree with them to get along.

Gemini May 22 - June 21
Don't get carried away with big ideas. And don't get so caught up in the grandeur of the bigger picture that you miss the important details. Those details are going to matter.

Cancer June 22 - July 23
The Sun in your fellow Water sign of Scorpio does wonders for your confidence but today's full moon warns you must not get carried away. Limit your activities to areas where you know what you are doing.

Leo July 24 - Aug. 23
You have kept your emotions under wraps but now you must be more outgoing and expressive. This is the ideal time to let loved ones know how much you care for them.

Virgo Aug. 24 - Sept. 23
In your eagerness to get ahead and get the most from each and every situation you will overlook something that either holds you up or trips you up. Slow down a bit.

Libra Sept. 24 - Oct. 23
If you are easygoing with money today you may regret it later, so rein in your extravagant tastes and opt for the simple (and free) things that life has to offer.

Scorpio Oct. 24 - Nov. 22
The Sun in your sign at this time of year gives you heaps of confidence but because there is also a full moon today you will need more than a large dose of self-belief. The most important question is: have you learned from past mistakes?

Sagittarius Nov. 23 - Dec. 21
Others think you are aiming too high but the higher you aim the more you are likely to achieve. There is no limit to what you can accomplish.

Capricorn Dec. 22 - Jan. 20
Today's will open your eyes to new possibilities. Be amazed how limited you have allowed your horizons to be in recent weeks. Get involved in projects that require you to work as part of a team.

Aquarius Jan. 21 - Feb. 19
Play by the rules today. It will not be pleasant if important people discover that you have been cutting corners. You really don't need to cheat.

Pisces Feb. 20 - March 20
You have no fear. Follow your desires, but as there is a rather threatening-looking full moon today you should steer clear of anything that is too excessive — depending on what your definition of "excessive" is.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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